

## **Riverside Bible Camp**

### **The Heart of a Pioneer Woman: Summaries and Teacher Bios 2019**

#### **Workshop Session 1: 9:30-10:30**

##### **Workshop 1: Roasting & Preparing Coffee**

**Instructor:** Amy McGuire & Michelle Lillibridge

**Workshop Limit:** 30

**Summary:** In this workshop, you will observe and learn from two women who have a passion for coffee. They will be going over how they roast their own coffee beans at home, as well as offer tips on how to prepare great coffee.

##### **Workshop 2: Raising Grass-fed Beef**

**Instructor:** John Mesyk

**Workshop Limit:** No Limit

**Summary:** Have you ever wondered what it would take to raise your own grass-fed cattle? In this workshop, you will hear from a local farmer, John Mesyk, and learn about the benefits of grass-fed meat, as well as how to get started with raising your own beef.

##### **Workshop 3: Hand Quilting Session 1**

**Instructor:** Cathy Iverson

**Workshop Limit:** 15

**Summary:** Quilting is an art that goes back for generations. In this workshop, I will be taking the art of quilting back to the beginning, before sewing machines and modern day quilt stores. Our grandmothers made quilts from old clothes which consisted of men's shirts, pajamas and even polyester suits and each quilt told a story. Quilts were made out of necessity to keep loved ones warm. In this class you will enjoy hands on sewing hexagons together and then take that knowledge to make a Grandmother's Flower Garden Quilt or Scrappy Quilt. Hexagon templates and fabric will be made available for this class. This class can be taken in 1 Session where you will have some hands on sewing hexagons or take this class in 2 sessions to complete multiple hexagons and have the ability to complete a flower.

**Cathy Iverson:** Cathy has been quilting for 25 years and has taught several quilt classes as well as holding several quilt retreats. She is very passionate about teaching other women her craft because of how rewarding it is to create something beautiful with one's own hands.

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#### **Workshop 4: Health in the Kitchen**

**Instructor:** Nancy Fessenden

**Workshop Limit:** 20

**Summary:** This workshop will cover the how's and whys of three processes:

1. Filling empty capsules with herbs
2. Making "Spicy Wintertime Lemonade" for colds and flu
3. Fermenting vegetables

You will have the opportunity to taste-test all of the finished products as you learn about the benefits of each.

**Nancy Fessenden** and her husband, Bill, have lived in the rolling hills south of Amherst for 20 years. They have a large vegetable garden, make maple syrup, hunt deer, process the venison, and stay busy with all the chores that come with country living. Nancy grew up in a family where raising meat chickens and butchering was an activity that involved the whole family. Her children and grandchildren are continuing the tradition with chickens and turkeys as well. She also has a love and a passion for using and creating her own home remedies for common ailments.

#### **Workshop 5: Goats 101**

**Instructor:** Kari Riley

**Workshop Limit:** 35

**Summary:** Goats are adorable creatures and fun to watch play and have around, but what can goats do for you on your farm? Also, what is some basic knowledge that you need before you begin to raise goats? Kari Riley from Riley Crest Farms will answer these questions and more in her Goats 101 workshop.

**Kari Riley:** Riley Crest farms is an Organic family farm, 1/4 mile west of Turner's. Diversified in dairy cows/goats, beef, hogs, rabbits, chickens, ducks, quail direct from farm to you!

#### **Workshop 6: Paintball**

**Instructor:** Adam Nelson

**Workshop Limit:** 20

**Summary:** Bring a friend along as you discover the thrill of working together to defeat the other team. You will be given a mask, paintball gun, and all the ammo you need. This is the perfect opportunity to try paintball for the first time. Adam is always willing to introduce people and teach new players the game of paintball. Dress for the weather and walking in the woods. You must register for both paintball sessions in order to play.

**Adam Nelson** grew up on a farm in Nebraska and is currently the Farm Education Coordinator at Riverside Bible Camp. His wife and four of his sons serve alongside him, daily caring for the animals at River Hills Farm. He has been playing paintball for many years and it is one of his favorite past times, and he is always looking for a group of people willing to play paintball.

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#### **Workshop Session 2: 10:40-11:40**

##### **Workshop 7: Designing a Garden**

**Instructor:** Pam Wellbrock

**Summary:** Designing a productive garden includes an array of topics including: companion planting, insect control plants, crop rotation, proper spacing, plant location, and choosing strong varieties of plants. Join us for lots of tips about designing a garden, seed saving, and more. Questions are welcome!

**Pam Wellbrock** has been a Natural Health Consultant since 1985 is a single homeschool mother of five children, widowed 10 years. She loves the Lord, the great outdoors, and staying healthy.

##### **Workshop 8: The Art of Bread Making: Braided Honey Wheat Bread for Beginners**

**Instructor:** Lori Guilliams

**Workshop Limit:** 30

**Summary:** In this workshop you will learn about the different ingredients and techniques needed to make your own batch of braided homemade bread. Participants will have the opportunity to mix up their own bread dough, knead it, form it and bake a loaf of bread to take home to their family. Please bring an apron, a mixing bowl, 1 Tbsp measuring spoon, and 1/4 & 1 cup measuring cups.

**Lori Guilliams**, wife, mother of 6 and homeschool mom of 4 has been baking bread for her family and teaching others how to for many years. Lori's homesteading skills don't stop in the kitchen. Over the years, she has also grown huge vegetable gardens, raised meat chickens and egg layers, and has also done a ton of canning to provide for her family during the wintertime in Wisconsin.

##### **Workshop 9: Hand Quilting Session 2**

**Instructor:** Cathy Iverson

**Workshop Limit:** 15

**Summary:** This class is for those who have completed the first session of Hand Quilting and want to take what they learned to the next level and use the hexagons they completed to create a flower. In order to take this class, you must be registered for Hand Quilting Session 1.

**Cathy Iverson:** Cathy has been quilting for 25 years and has taught several quilt classes as well as holding several quilt retreats. She is very passionate about teaching other women her craft because of how rewarding it is to create something beautiful with one's own hands.

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#### **Workshop 10: Paintball**

**Instructor:** Adam Nelson

**Workshop Limit:** 20

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**Adam Nelson** grew up on farm in Nebraska and is currently the Farm Education Coordinator at Riverside Bible Camp. His wife and four of his sons serve alongside him, daily caring for the animals at River Hills Farm. He has been playing paintball for many years and it is one of his favorite past times. And he is always looking for a group of people willing to play paintball.

#### **Workshop 11: Basic Household Carpentry**

**Instructor:** Jacob Hingos

**Workshop Limit:** 20

**Summary:** This workshop is for Pioneering women who would like to be more independent when it comes to working with wood and tools. The basic uses of common tools will be covered, as well as how to be consistent in leveling and measurements. Some sample DIY projects will be displayed and take home instructions will be distributed.

**Jacob Hingos** lives in Crystal Falls, Michigan up in the UP, where he and his wife Becca work and volunteer at Lake Ellen Camp. Jacob and Becca have a passion for camping ministry and enjoy serving together at weekend retreats and events. Jacob enjoys building things and working with wood as a hobby, and recently constructed a tear drop camper from scratch that he and Becca enjoy traveling and camping in.

### **Workshop Session 3: 1:55-2:55**

#### **Workshop 12: Spreadable Goat Cheese**

**Instructor:** Kari Riley

**Workshop Limit:** 8

**Summary:** Come to this workshop to learn how to make a spreadable type of cheese made out of goat milk. Must sign up for both sessions of this workshop to participate.

**Kari Riley:** Riley Crest Farms is an Organic family farm, 1/4 mile west of Turner's. Diversified in dairy cows/goats, beef, hogs, rabbits, chickens, ducks, quail direct from farm to you!

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#### **Workshop 13: Outdoor Cooking: Camping Cuisine Beyond Hot Dogs?**

**Instructor:** Randy & Jaime Sherf

**Workshop Limit:** 20

**Summary:** Assist father-daughter camping duo, Randy and Jaime Sherf, as they prepare meals over an open fire. Taste testing encouraged! They will share tips and tricks they have found helpful on their varied camping excursions.

**Jaime Sherf** has served at Riverside Bible Camp on and off throughout the years in programming roles. Currently Jaime works in youth ministry as well as working with her father at their local business. Jaime and Randy enjoy taking regular father-daughter camping trips to the rustic north woods.

#### **Workshop 14: Growing, Harvesting & Preserving Herbs**

**Instructor:** Pam Wellbrock, Natural Health Consultant

**Summary:** Would you like to know how to grow and collect wild herbs, preserve them through dehydration, and store the abundant crop for later use? Then this open conversation style presentation is for you! Pam Wellbrock is an advocate of living off the land. She is raising her children on a large hobby farm, milking their own goats, and collecting their own eggs. Their organic garden and orchard provide a substantial amount of their food supply. Bring your gardening questions.

**Pam Wellbrock**, Natural Health Consultant since 1985 is a single homeschool mother of five children, widowed 10 years. She loves the Lord, the great outdoors, and staying healthy.

#### **Workshop 15: Canning 101**

**Instructor:** Amber Grubba

**Workshop Limit:** 30

**Summary:** Every Pioneer Woman has an arsenal of different skills. From sewing, to gardening, to shooting clay pigeons! We are going to add to that arsenal - canning and preserving! Learn how to preserve, pickle and jam many different fruits and vegetables in a cost effective way! We will be going over the necessary tools needed and processes for canning different foods. We will also be canning something as a group and everyone will get to take a small jar home!

**Amber Grubba** Lives in Wisconsin Rapids with her husband and son, and enjoys taking care of her small hobby farm. In her earlier adult years, Amber spent a lot of time working with people at River Hills Farm learning many different skills that she now uses at her home. She has a passion for growing and canning her own vegetables, and is excited to share her knowledge.

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#### **Workshop 16: Starting Your Own Flowers**

**Instructor:** TBD

**Workshop Limit:** 35

**Summary:** Do you love flower gardening? Do you hate the prices of buying flowers? This workshop will equip you with the knowledge that you need to start your own flowers from seeds. Everything from the timeline of starting flowers to the environment needed to grow them will be covered.

#### **Workshop 17: Sewing Machine Basics**

**Instructor:** Marlene Plank

**Workshop Limit:** 20

**Summary:** This workshop is for those who would like to begin sewing or for beginners to learn how a sewing machine operates, how to clean your machine, select the right needles, and much more. Marlene will also be bringing a collection of machines that she has so participants can view them and learn about the different types and what they do.

**Marlene Plank** lives in Amherst Junction and specializes in Sewing Machine Repair. Her daughter Breanna works in the office at Riverside, and many of her kids have attended Riverside throughout the years.

### **Workshop Session 4: 3:05-4:05**

#### **Workshop 18: Bee Keeping for Beginners**

**Instructor:** Kent Pegorsch

**Summary:** In this “sweet” lecture based workshop, Kent Pegorsch will take you through the basics of bee keeping for beginners so that you can decide if bee keeping is right for you. Kent currently operates about 200 colonies and sells most of the honey produced through his retail store, Main Street Marketplace in Downtown Waupaca, under the Dancing Bear Apiary label. Kent's honey will be served on our coffee bar, used for our homemade honey wheat bread class, and will also be available for purchase during Pioneer Camp (12 oz bear \$4.95, 2# glass \$9.95, 5# glass \$22.95).

**Kent Pegorsch** has been keeping bees for over 40 years. He is also Vice President of the Nicaragua Bee Project, a non-profit corporation that trains Nicaraguans in beekeeping and helps them acquire their first colonies.

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#### **Workshop 19: Bible Art Journaling**

**Instructor:** Lynn Bonack

**Workshop Limit:** 20

**Summary:** What is art journaling? It's simple...an art journal is a journal in which you combine images and words to express yourself. Your journal is for you, and no one else. It is not about creating art, it is about creating you. There are no rules of right and wrong, so silence the inner critic that says, "I can't do this", because you can! Why art journal? It is to bridge the gap between brain and canvas. It is a soul map, an inner dialog that allows you to get thoughts and feelings or your story out on paper. It becomes the "visual" canvas of an individual, a sanctuary of creative expression. It is a way to document your life journey. You can show everyone what you create, or...you never have to show anyone. Who can art journal? Everyone, that's the best part. No art experience needed! It is not about skills, it is about expression. It is not about talent, it is about telling your story. In this Art Journaling workshop, we will be focusing on "Bible Art Journaling". Please bring a Bible you would feel comfortable journaling in. If you do not have one or you would prefer not to mark in your Bible, printed Bible pages will be provided.

**Lynn Bonack** The minute I could hold a crayon in my hand I was in love with all the colors and the endless possibilities it brought! My grandmother and mother were artists so it was a natural and maybe even genetic longing to always be creative! For art journaling, the education and training began at Bethel University. The first day of class we were instructed to keep an "Art Journal" and 38 years later and over twenty journals later I would say it has greatly influenced my life! I have taught individuals and groups all over Wisconsin, taught classes at Nicolet College, Colorado, California, and even in Ethiopia! Helping you create your visual canvas of who you are is one of my favorite things to do as an artist! Let's start that treasured book where you are the creative author!

#### **Workshop 20: Cleaning and Preparing Fish: From Catch to Plate!**

**Instructor:** Carrie Rieck

**Workshop Limit:** 20

**Summary:** Carrie has lived on a lake for over 30 years of her life and has made many great memories on the water. She has fished for various species of fish and learned how to catch, clean, and cook them from a very young age. Throughout the years she has discovered that fishing is not just about feeding the family, but it's an excellent opportunity to make wonderful memories with your children, family and friends. During her time with you at Heart of the Pioneer Women workshop, she will be taking you through the steps of what to do with a fish; from the time you land it in the boat, until the time it lands on your plate. EVERY step is all part of this memorable adventure called fishing! She looks forward to making some great memories with you!

**Carrie Rieck:** I currently live in Amherst, WI with my husband of 24 years along with my 3 children David (19), Josh (18) and Abbey (14). We have been attending Victory Church,

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Waupaca for the last 14 years. I have been involved in the Children's ministry for 13 years, the Connect team for 5 years, and we founded the Preteen ministry 7 years ago. I have been the Children's Ministry Director at Victory Church for the last 6 years, and have been serving on the Elder Board along with my husband for the last 2 years.

#### **Workshop 21: Spiritual Disciplines for the Pioneering Woman**

**Instructor:** TBD

**Workshop Limit:** 15

**Summary:** Maybe *discipline* seems like a hard word to you—implying nothing but challenge and duty. Yet most of us see the value in cultivating spiritual disciplines, and we long to be more consistent in our relationship with God, even in the midst of our busy lives. This workshop will encourage you in your walk with the Lord and show you how being disciplined in your relationship with God will bring you greater joy and give God the glory He deserves.

#### **Workshop 22: Hands On Canning**

**Instructor:** Amber Grubba

**Workshop Limit:** 30

**Summary:** Join Amber for a hands on canning class. Utilize the information gained in the canning 101 class and use it to can something you can take home to your family!

**Amber Grubba** Lives in Wisconsin Rapids with her husband and son, and enjoys taking care of her small hobby farm. In her earlier adult years, Amber spent a lot of time working with people at River Hills Farm learning many different skills that she now uses at her home. She has a passion for growing and canning her own vegetables, and is excited to share her knowledge.

#### **Workshop 23: Goat Cheese**

**Instructor:** Kari Riley

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